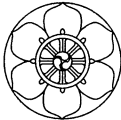


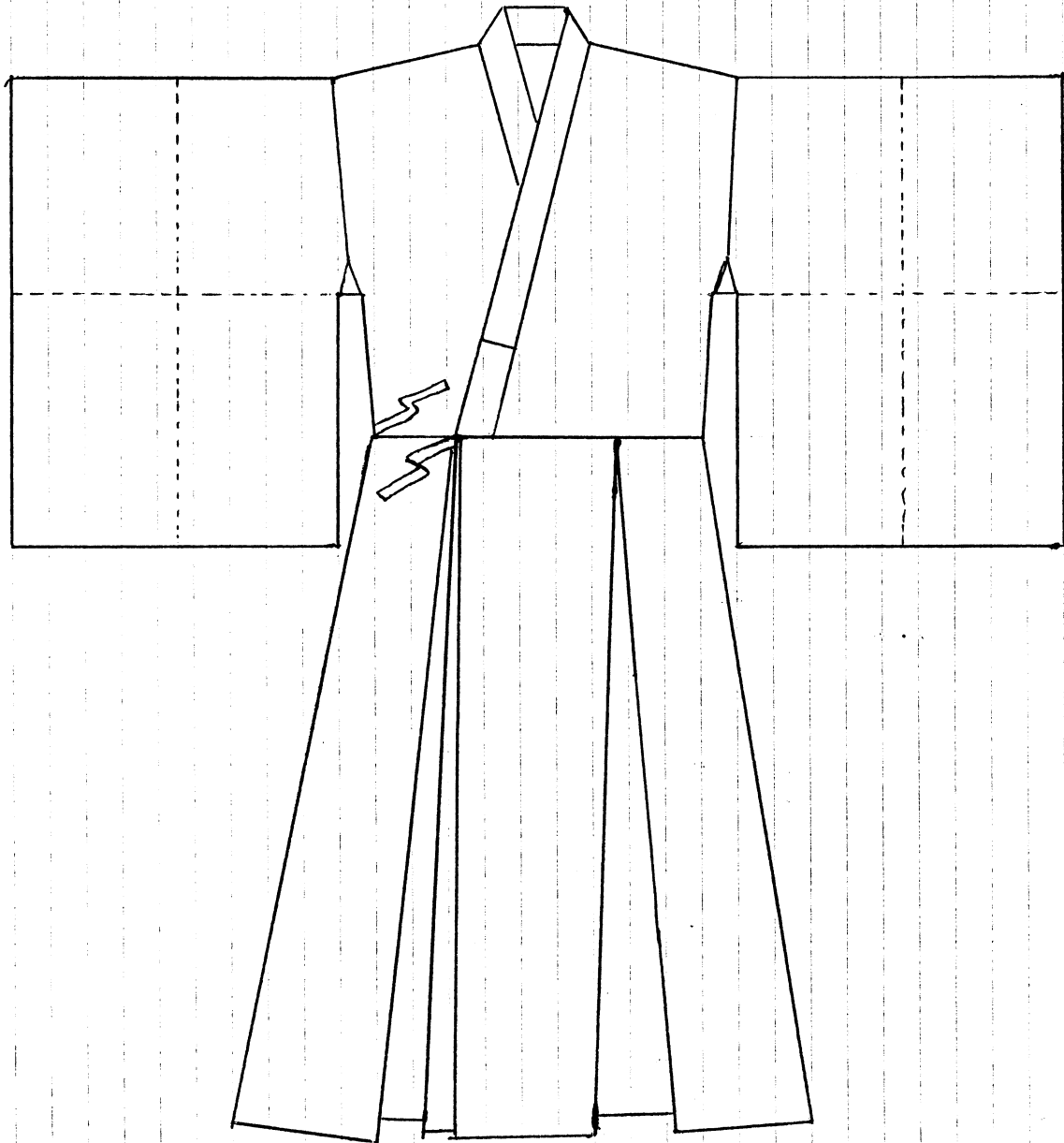
The Kwan Um  School of Zen

Korean Buddhist Chogye Order
Zen Master Seung Sahn, Founding Teacher

Sewing Instructions for
Dharma Teacher Robe

Developed by
Merrie Fraser JDPSN

DHARMA TEACHER ROBE.

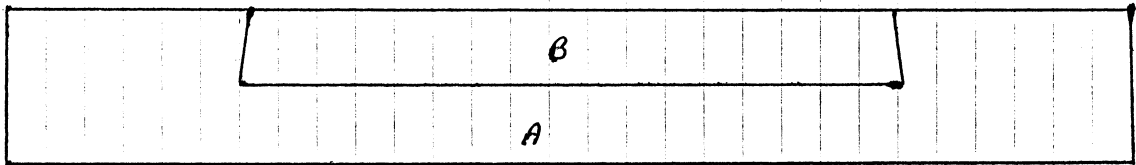
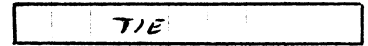
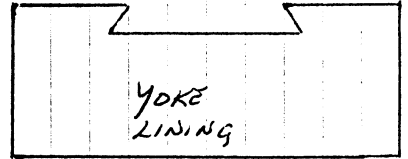
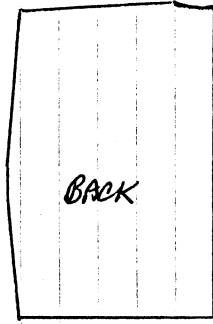
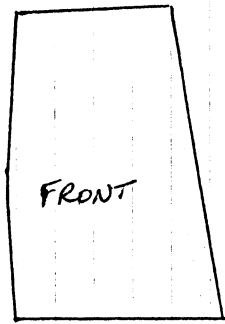


MOSTLY ALL STRAIGHT MEASUREMENTS EXCEPT FOR "SHIRT" AREA - NEED PATTERN FOR THAT Y FOR INSIDE YOKE.

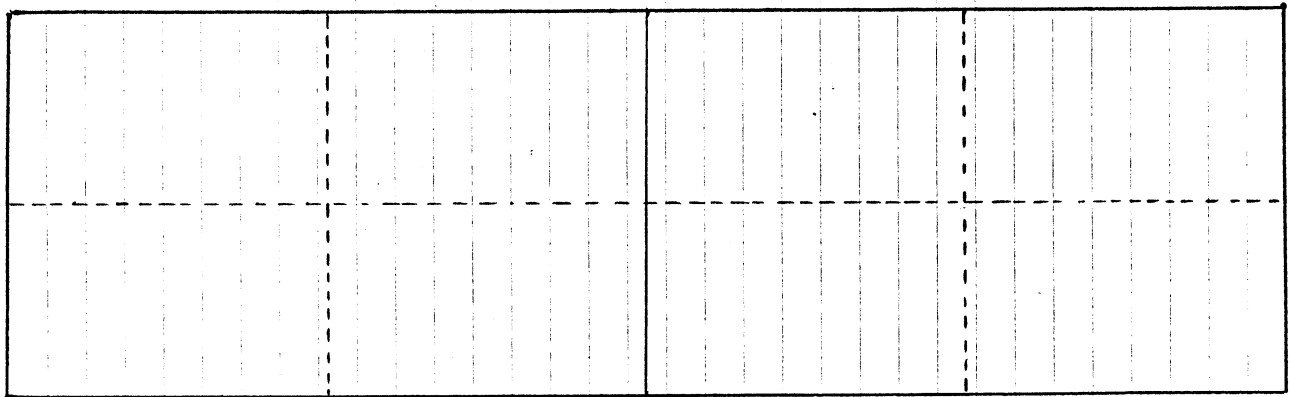
THERE ARE 2 MORE TIES ON THE INSIDE

THIS IS NOT DRAWN EXACTLY TO SCALE (THE SLEEVES ARE LONGER)

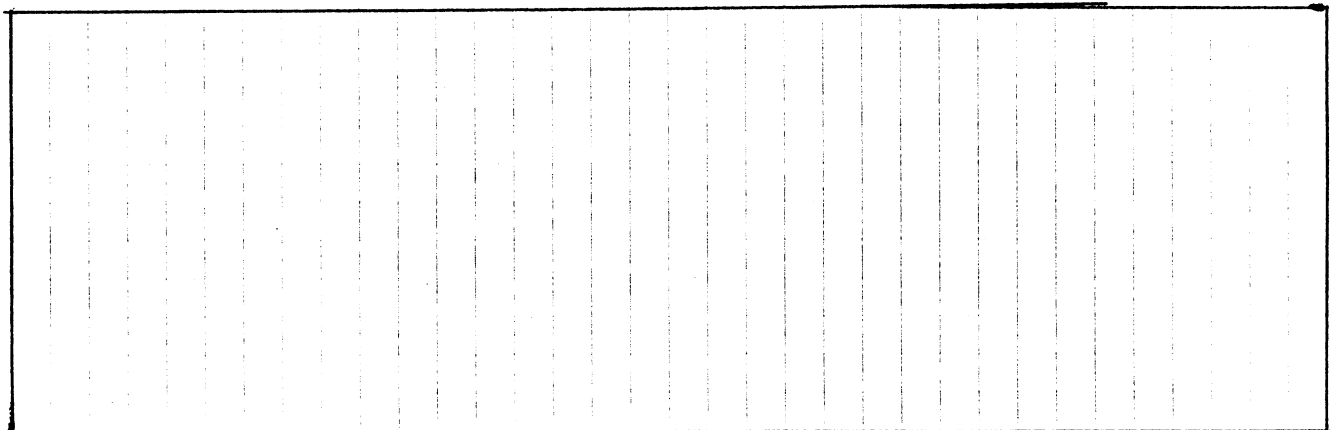
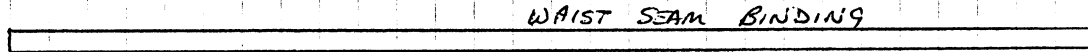
PARTS:



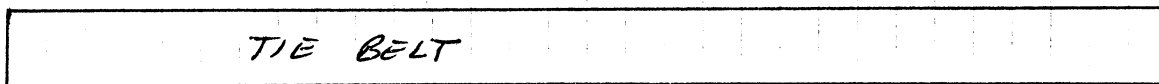
COLLAR (5)



SLEEVE



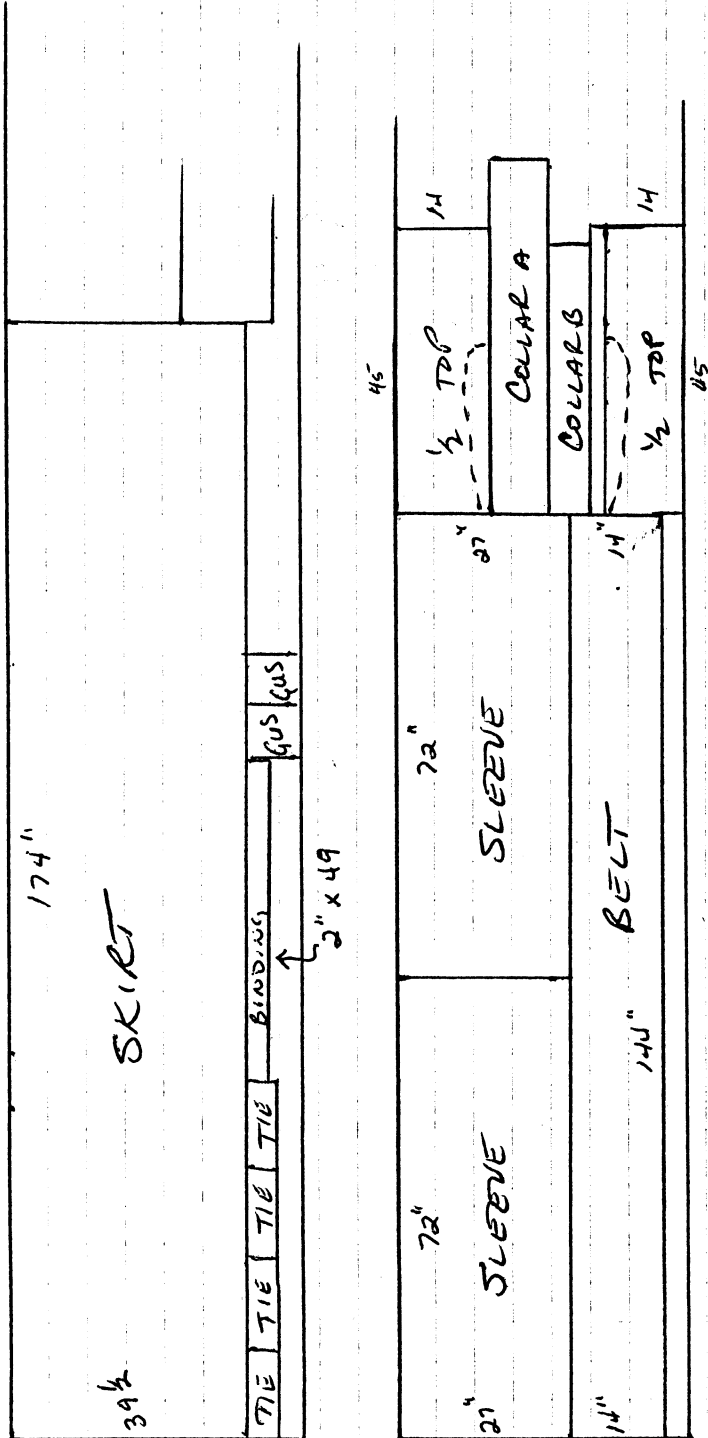
SKIRT



SCALE: 1" = 6"

LARGE ROBE
CUTTING PATTERN
FOR 45" MATERIAL

MATERIAL USED = 10 ³/₄ YDS



MATERIAL NEEDED!

SMALL

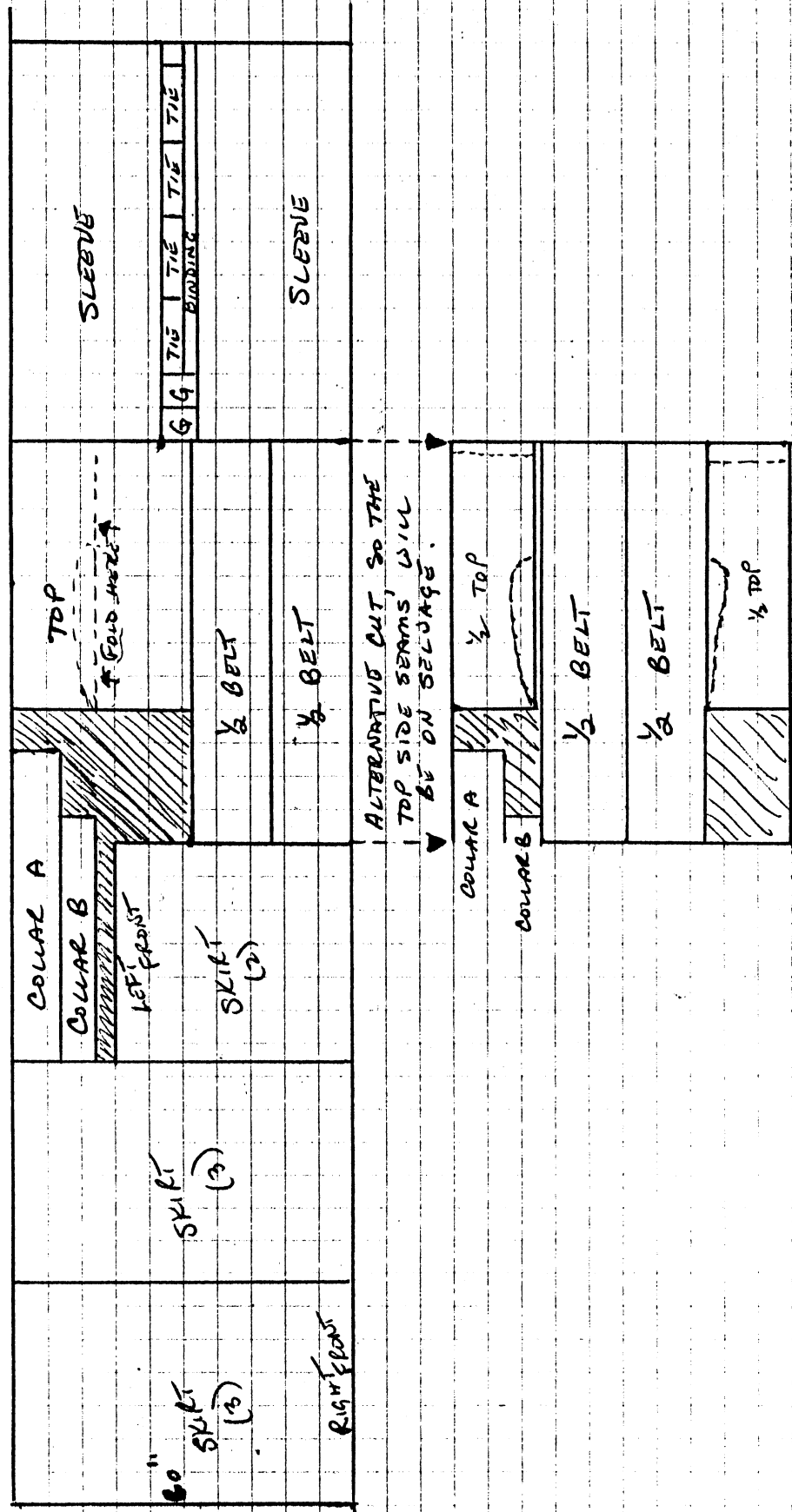
MEDIUM

LARGE

SCALE 1" = 6"

LARGE ROBE CUTTING PATTERN FOR 60" MATER

MATERIAL USED = 7 1/3 YDS



THE EASIEST METHOD, IS TO MAKE THE ROBE IN SECTIONS THEN SEW THE SECTIONS TOGETHER.

1. SKIRT
2. SLEEVES & TIES
3. TOP
4. ATTACH SKIRT + FINISH

I. SKIRT.

HAS 8 PLEATS
 BOTTOM HEM = 1" NEED 1 1/4"
 SIDE HEMS = 5/8" NEED 3/4" EACH
 TOP SEAM = 3/4"

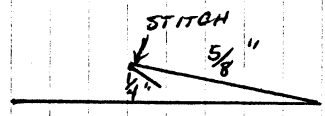
THESE ARE THE FIXED MEASUREMENTS. NO MATTER WHAT THE OTHER MEASUREMENTS ARE, THESE ARE CONSTANT.

THE CALCULATED MEASUREMENTS ARE:

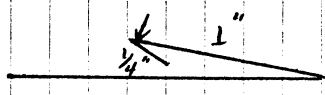
	SMALL	MED.	LARGE	EX-TALL
WAIST (INCLUDES OVER LAP IN FRONT) FINISHED MEASURE	5'1"-5'4"	5'5"-5'8"	5'9"-6'0"	6'1"-6'4"
FINISHED LENGTH (WAIST TO ANKLE)	46 1/2"	48 1/2"	48 1/2"	50
FINISHED WIDTH	31 1/2"	34 1/2"	37 1/2"	
* PLEAT SIZE (FINISHED)	172"	172"	172"	
UNFINISHED PLEAT SIZE	5.75	6"	6 1/2"	
CUT WIDTH	21.5	21.5	21 1/2"	
CUT LENGTH	174"	174"	174"	174"
ROBE MATERIAL NEEDED	33.5	36.5	39 1/2"	
38" FABRIC - YDS	10 1/2	10 1/2	10 1/2 yds.	
60" FABRIC - YDS				
45" FABRIC - YDS			10 1/2 yds	
54" FABRIC - YDS.				
* A	5.75	5.875	6.	
B	21 1/2	21.5	21.5	
C	7.875	7.875	7.75	

I. SKIRT

1. SEW SIDE HEMS



2. SEW BOTTOM HEM



3. PLEAT SKIRT

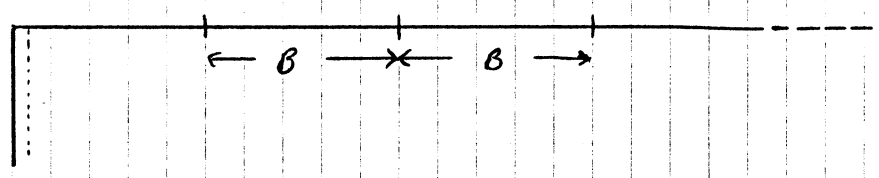
a. DETERMINE FINISHED PLEAT SIZE (THE PART THAT SHOWS ON TOP)

$$= (\text{FINISHED WAIST}) / 8 = A$$

b. DETERMINE AMOUNT OF MATERIAL FOR EACH PLEAT

$$= (\text{FINISHED WIDTH}) / 8 = B$$

c. MARK OFF B" ACROSS TOP OF SKIRT



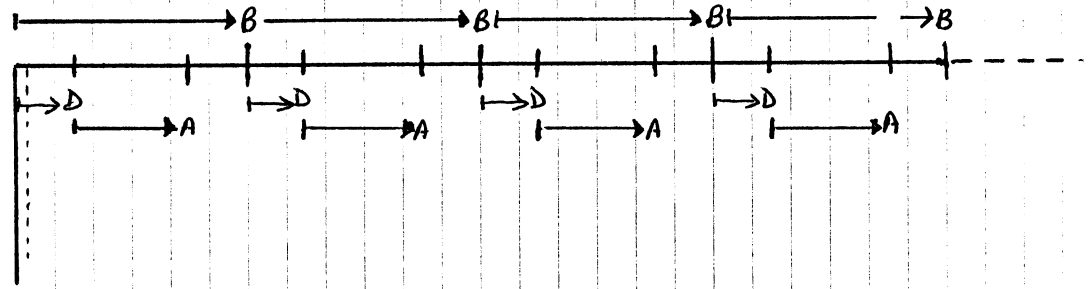
THIS IS THE AMOUNT OF MATERIAL THAT CAN BE USED FOR EACH PLEAT.

d. FIGURE THE BEGINNING OF THE EXTERNAL PLEAT

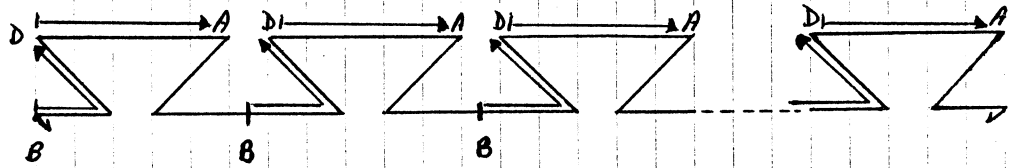
$$= (B - A) / 2 = D$$

I. SKIRT (CON'T.)

e. MARK OFF BEGINNING OF EXTERNAL PLEAT + PLEAT SIZE, STARTING AT BEGINNING OF EACH PLEAT - THIS IS HOW MUCH IS HIDDEN ON EACH SIDE.

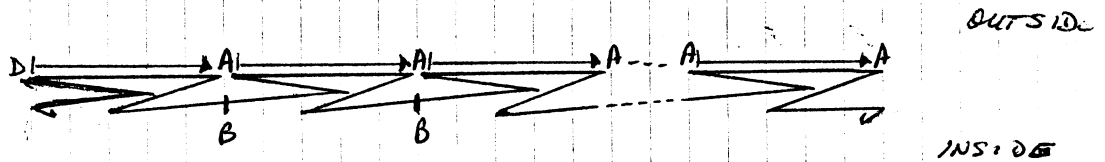


f. FOLD + PIN PLEATS.



THE LENGTH FROM A TO B SHOULD BE THE SAME AS LENGTH D (APPROX)

THE ABOVE DRAWING IS OPENED UP FOR CLARITY, THE ACTUAL PLEATS WILL OVERLAP ON THE WRONG SIDE. $A + B$, $D + B$ SHOULD MEET.

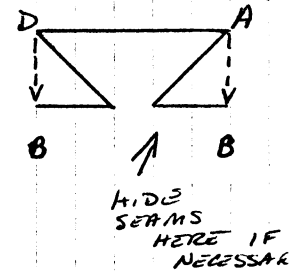


PRESS PLEATS INTO PLACE
PIN AT BOTTOM HEM (MAKES IT EASIER TO HANDLE)

BASTE AT TOP WITH A LONG MACHINE STITCH AT $\frac{1}{2}$ " IN. LEAVE PINS IN. (OR BY HAND IN CASE WAIST DOESN'T MATCH FINISHED TOP, YOU CAN ADJUST SKIRT BEFORE ATTACHING LAY ASIDE.)

I. SKIRT (CON'T.)

g. FOR EACH PLEAT, D + B, AND A + B SHOULD MEET.



FOR SMALLER WAIST ROBES, FIGURE WAIST SIZE FIRST:

$$\text{WAIST} \sim \text{REAL WAIST} + \frac{1}{2} * (\text{REAL WAIST})$$

THEN PLEAT SIZE

$$= \text{WAIST} / 8$$

AND CUT WIDTH

$$= (((\text{PLEAT SIZE} * 3) + 3\frac{1}{2}) * 8) + 2''$$

OR

$$= (((4.5 * \text{REAL WAIST}) / 8) + 3.5) * 8) + 2$$

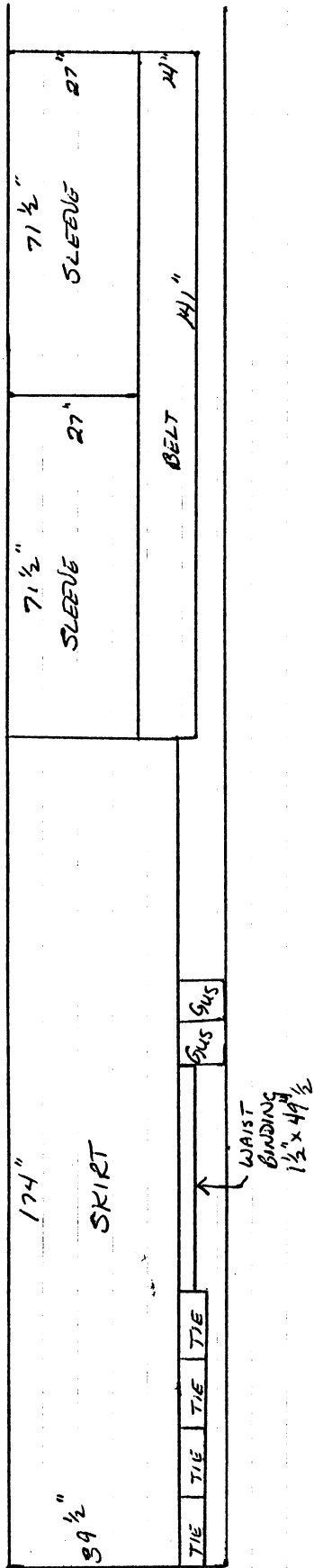
FOR 38-39" FABRIC - YOU COULD USE 1 LONG PIECE IF LENGTH IS ABOUT THE SAME

FOR 60" FABRIC - USE 3 PANELS - MAY NEED A LITTLE EXTRA TO HIDE THE SEAMS IN A PLEAT MAY CUT 2 YDS OFF YARDAGE NEEDED BY 38" MATERIAL. USE SELVAGES FOR HEMS. + SEAMS.

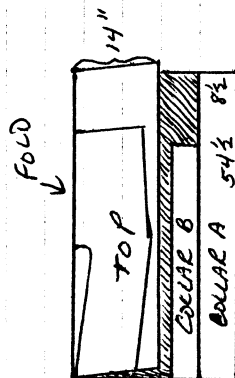
I CUTTING LAYOUT

45" MATERIAL

MEASUREMENTS ARE FOR LARGE SIZE
SMALLER SIZES ARE ROUGHLY THE
SAME LAYOUT.



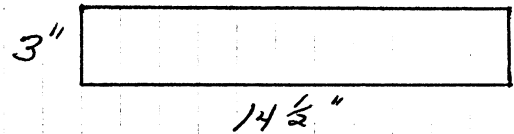
PIECE NAME	#	SMALL	MEDIUM	LARGE
SKIRT	1	33 1/2 x 174	36 1/2 x 174	39 1/2 x 174
TIES	4	3 x 14 1/2	3 x 14 1/2	3 x 14 1/2
GUSSETS	2	5 x 5	5 x 5	5 x 5
WAIST BINDING	1	1 1/2 x 49 1/2	1 1/2 x 49 1/2	1 1/2 x 49 1/2
SLEEVES	2	25 x 67 1/2	26 x 69 1/2	27 x 71 1/2
BELT	1	14 x 141	14 x 141	14 x 141
COLLAR A	1	49 1/2 x 7 3/4	52 x 8 1/2	54 1/2 x 8 1/2
COLLAR B	1	41 1/2 x 6 1/8	42 x 6 1/2	42 1/2 x 6 1/2
STIFFENING	1	3 3/8 x 49 1/2	4 1/4 x 52	4 1/4 x 54 1/2
TOP (PATTERN)	1	28 x 48	28 x 48	28 x 48



II. SLEEVES & TIES

A. SMALL TIES

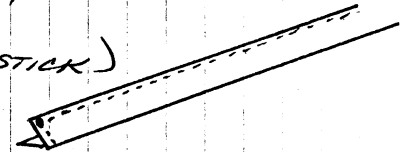
CUT 4



FOLD FABRIC IN HALF LENGTH-WISE,
RIGHT SIDE IN + PRESS

STITCH AROUND 2 SIDES LEAVING A SMALL
END OPEN.

TURN INSIDE-OUT (USE A CHOP STICK)
PRESS



B. TIE BELT

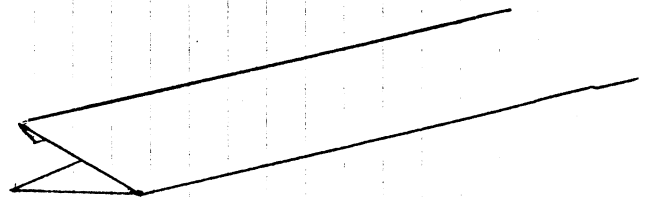
SEAMS = $\frac{1}{2}$ "

	SMALL	MED	LARGE	EX-TALL
FINISHED WIDTH	3 $\frac{1}{4}$ "	3 $\frac{1}{4}$ "	3 $\frac{1}{4}$ "	3 $\frac{1}{4}$ "
FINISHED LENGTH	140	140	140"	146
CUT WIDTH	14"	14"	14"	14"
CUT LENGTH	141	141	141"	147

FOLD MATERIAL IN HALF (SO ITS ONLY 7" WIDE)

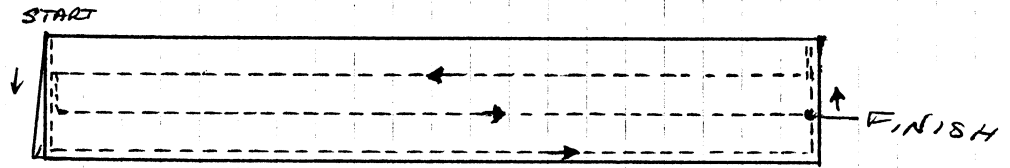
TURN + PRESS THE TWO RAW EDGES TOGETHER +
TURN ENDS + PRESS

FOLD IN HALF AGAIN SO EDGES ARE ON INSIDE.
PRESS FIRMLY.

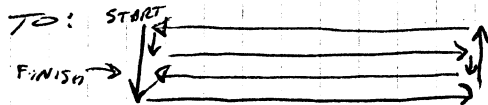


B. TIE BELT (CON'T.)

OVER STITCH IN THE FOLLOWING PATTERN



A FINAL LINE OF STITCHING COULD BE DONE AT THE TOP BUT ITS NOT NECESSARY (THIS WOULD CHANGE THE STITCH PATTERN OF ABOVE



SOME ROBES HAVE THIS PATTERN & SOME DON'T

IF SLEEVES & TIES

C. SLEEVES

HEM IS $1\frac{1}{8}$ "

NEED = $1\frac{3}{8}$ "

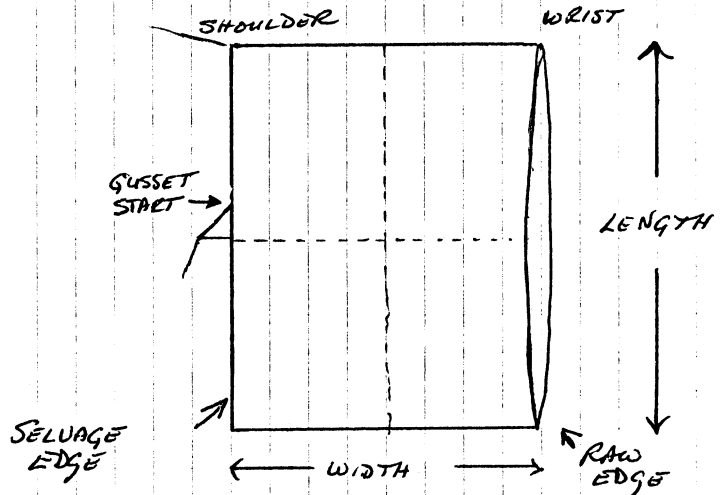
VERTICAL SEAMS
NEAR BODY = $\frac{1}{2}$ "

NEED $\frac{1}{2}$ "

FRENCH SEAM
AT BOTTOM = $3\frac{3}{4}$ " ($\frac{3}{8}$ " EACH)

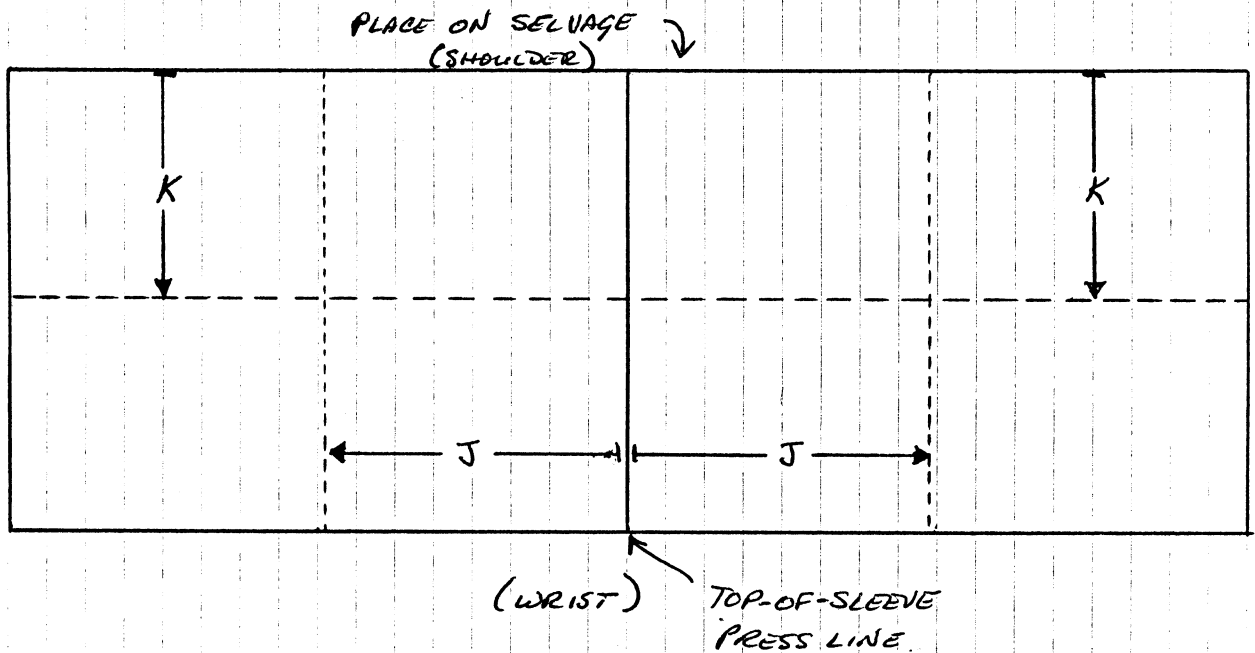
NEED $1\frac{1}{2}$ "

HAS FAKE SEAMS THAT
DIVIDE FRONT & BACK
OF SLEEVE INTO 4
PARTS



	SMALL	MED	LARGE	EX-TALL
FINISHED WIDTH	23	24	25"	
FINISHED LENGTH	33	34	35"	
CUT WIDTH	25	26	27"	
CUT LENGTH	67 $\frac{1}{2}$	69 $\frac{1}{2}$	71 $\frac{1}{2}$ "	
(J) HORIZ. FAKE SEAM FROM TOP	16 $\frac{1}{2}$	17	17 $\frac{1}{2}$ "	
(K) VERT. FAKE SEAM FROM SELVAGE	12	12 $\frac{1}{2}$	13"	
STITCH UP FROM BOTTOM	5 $\frac{3}{4}$	5 $\frac{3}{4}$	5 $\frac{3}{4}$ "	
(L) FROM TOP TO GUSSET-START	10 $\frac{1}{2}$	10 $\frac{1}{2}$	10 $\frac{1}{2}$ "	

IF SLEEVES & TIES
C. SLEEVES. (CON'T.)



FOLD SLEEVES IN HALF (RIGHT SIDES TOGETHER) + PRESS
MEASURE FROM PRESSED LINE ON WRONG SIDE OF MATERIAL

THE 2 HORIZONTAL FAKE SEAMS:

$$= \text{FINISHED LENGTH} / 2 = J$$

FROM PRESSED LINE.

DRAW THE SEAMS IN WITH CHALK.

MEASURE FROM SELVAGE EDGE ON WRONG SIDE OF MATERIAL

THE VERTICAL FAKE SEAM:

$$= \frac{1}{2} + (\text{FINISHED WIDTH} / 2) = K$$

FROM PRESSED LINE.

DRAW THE SEAMS IN WITH CHALK.

C. SLEEVE (CON'T.)

FOLD, PRESS + PIN THE 2 HORIZONTAL FAKE SEAMS.
STITCH A $\frac{1}{16}$ " SEAM.

PRESS FLAT.

FOLD, PRESS + PIN THE VERTICAL FAKE SEAM
STITCH A $\frac{1}{16}$ " SEAM

PRESS FLAT

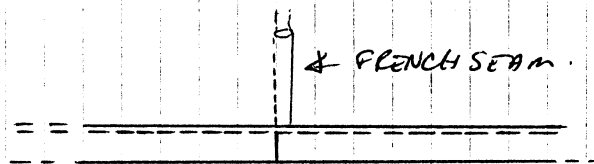
FOLD, PRESS + PIN THE SLEEVE HEM. EXCEPT FOR THE
VERY ENDS. DO NOT STITCH YET.

FRENCH SEAM ON SLEEVE. (BOTTOM OF SLEEVE)

1. PLACE SLEEVE ENDS TOGETHER - WRONG SIDES
ON INSIDE
STITCH $\frac{1}{4}$ " SEAM.
2. TURN + PRESS.
(NOW RIGHT SIDES ARE TOGETHER)
STITCH $\frac{3}{8}$ " SEAM.
RAW EDGE OF SEAM WILL BE INSIDE SEAM

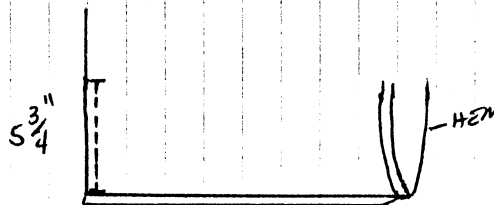


NOW STITCH SLEEVE HEM AFTER TURNING THE
PART WHERE THE FRENCH SEAM IS.



STITCH SEAM AT BACK OF SLEEVE ON SELVAGE
FROM FRENCH SEAM FOR $5\frac{3}{4}$ " , BACK STITCH
END. SO IT DOESNT PULL OUT.

IRON,
FOLD + LAY ASIDE.



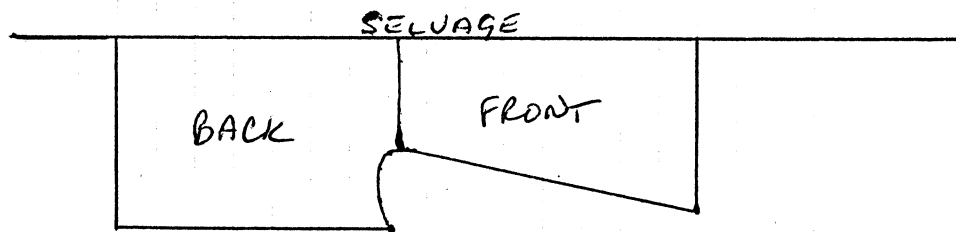
III. TOP

A. THE TOP CAN BE CUT 2 WAYS:

IF THERE IS A LARGE PIECE OF MATERIAL, LAY THE SIDES ON THE SELVAGE, USING THE WHOLE PATTERN.

THIS ENABLES THE TOP TO BE CUT IN ONE PIECE. YOU STILL MUST SEW A DUMMY SHOULDER SEAM AND MAKE A FRENCH SEAM FOR THE CENTER BACK, BUT YOU DONT HAVE RAW EDGES FOR THE SIDE SEAMS.

IF THE MATERIAL DOES NOT LEND ITSELF TO BEING CUT IN 1 PIECE, CUT THE FRONT + BACK SEPARATELY, ALLOW ENOUGH EXTRA MATERIAL AT THE SHOULDER TO DO A FRENCH SEAM.



STITCH BACK SEAM + SHOULDER SEAMS
(FRENCH OR DUMMY DEPENDING ON CUTTING METHOD)

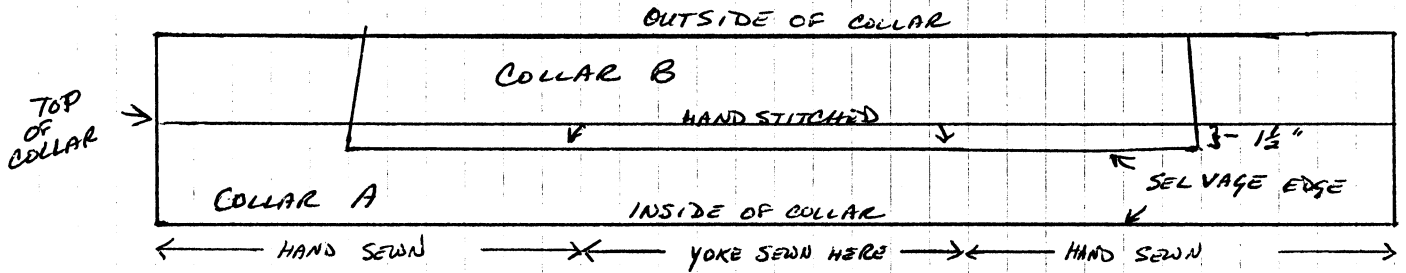
DUMMY SEAMS ARE $\frac{1}{2}$ " ..

III. TOP

B. COLLAR.

SEAMS = $\frac{5}{8}$ " NEED $1\frac{1}{4}$

CUT INSIDE ON SELVAGE EDGE IF POSSIBLE.



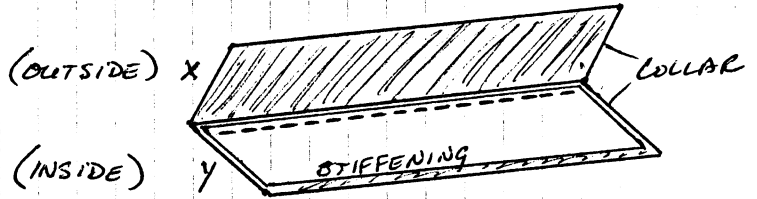
	SMALL	MED	LARGE	EX-TALL
CENTER BACK - COLLAR SEAM TO WAIST SEAM LENGTH	17.5	18.5	19.5	
COLLAR A				
FINISHED LENGTH	48"	50 $\frac{1}{2}$ "	53"	
FINISHED WIDTH	3 $\frac{1}{4}$ "	3 $\frac{5}{8}$ "	3 $\frac{5}{8}$ "	3 $\frac{5}{8}$ "
CUT LENGTH	49.5	52	54 $\frac{1}{2}$	
CUT WIDTH	7 $\frac{3}{4}$ "	8 $\frac{1}{2}$ "	8 $\frac{1}{2}$ "	8 $\frac{1}{2}$ "
COLLAR B				
FINISHED LENGTH	40	40 $\frac{1}{2}$	41"	
FINISHED WIDTH	4 $\frac{7}{8}$ "	5 $\frac{1}{4}$ "	5 $\frac{1}{4}$ "	5 $\frac{1}{4}$ "
CUT LENGTH	41 $\frac{1}{2}$	42	42 $\frac{1}{2}$ "	
CUT WIDTH	6 $\frac{1}{8}$ "	6 $\frac{1}{2}$ "	6 $\frac{1}{2}$ "	6 $\frac{1}{2}$ "
STIFFENING UNDER COLLAR A				
CUT LENGTH	49.5	52	54 $\frac{1}{2}$ "	
CUT WIDTH	3 $\frac{7}{8}$ "	4 $\frac{1}{4}$ "	4 $\frac{1}{4}$ "	4 $\frac{1}{4}$ "
SHOULDER TO GUSSET	10.5	10.5	10 $\frac{1}{2}$ "	
GUSSET SIZE	5" x 5"	5" x 5"	5" x 5"	5" x 5"
GUSSET IN SLEEVE	2 $\frac{1}{2}$	2 $\frac{1}{2}$	2 $\frac{1}{2}$ "	
GUSSET IN TOP	2	2	2 $\frac{1}{2}$ "	
SEAM IN SLEEVE UNDER GUS.	3 $\frac{1}{2}$	4"	4 $\frac{1}{2}$ "	
APPROX. LENGTH OF UNSEWN SEAM IN SLEEVE			12"	
WAIST SEAM BINDING LENGTH	48	48 $\frac{3}{4}$	49 $\frac{1}{2}$ "	
WIDTH	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$ "	

III TOP

B. COLLAR

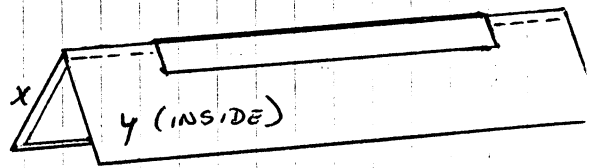
1. FOLD COLLAR A IN HALF LENGTHWISE + PRESS.
2. LAY STIFFENING ON INSIDE OF FOLD, STITCH $\frac{1}{4}$ " FROM FOLD LINE. THIS WILL BE ON THE INSIDE PART OF THE COLLAR WHEN FINISHED.

3. TAKE COLLAR B + TURN BOTH ENDS + 1 LONG EDGE UNDER 1 CM + PRESS. LAY IT ON THE OUTSIDE OF ABOVE COLLAR WITH RAW EDGE ALONG 'X'. AND TURNED-UNDER EDGE COVERING UP STITCHES ON 'Y'. CENTER COLLAR B ALONG LENGTH OF COLLAR A.

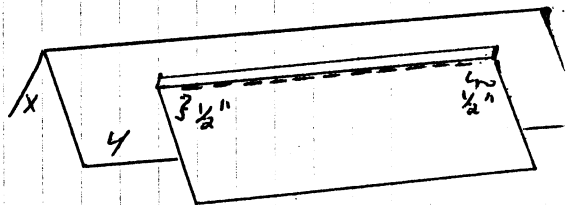


NOTE THE FOLLOWING DRAWING HAS BEEN ROTATED FOR CLARITY!

PIN COLLAR B TO COLLAR A FROM UNDERNEATH Y. DO NOT PIN TO THE FACING + USE ONLY A FEW PINS TO HOLD IN PLACE



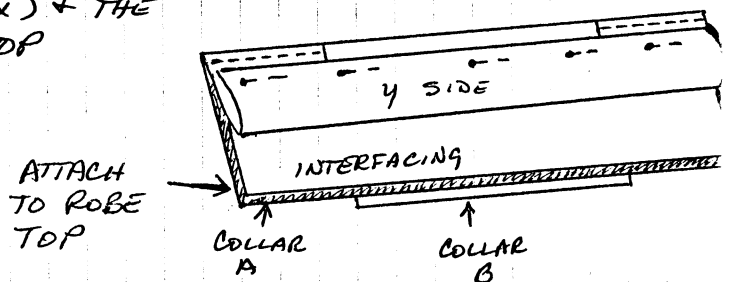
4. OPEN COLLAR B UP (LEAVING A STILL FOLDED TO REDUCE RUMPLES) + RE-PIN SO SEAM CAN BE SEWON ON TO 'Y' PART OF COLLAR - DO NOT SEW TO STIFFENING.



5. FOLD COLLAR B OVER A + PRESS - BE SURE THE ENDS OF COLLAR B ARE STILL TURNED UNDER - PIN ENDS IN PLACE.

6. PIN Y SIDE OF COLLAR TO ITSELF SO ITS OUT OF THE WAY WHEN SEWING THE OUTSIDE (X) + THE INTERFACING TO ROBE TOP

7. SEW ENDS OF COLLAR B BY HAND, ATTACH INSIDE OF COLLAR A BY HAND

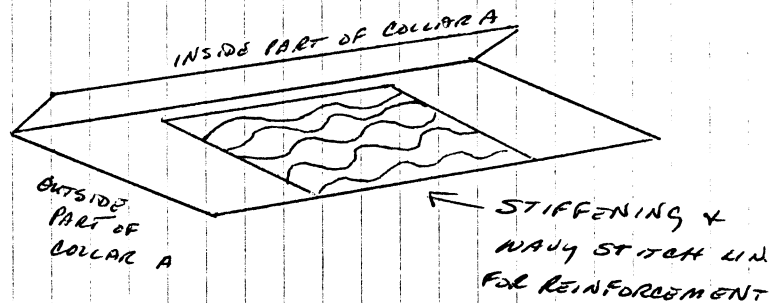


B. COLLAR (SEE PAGE 28 FOR BETTER METHOD!)

COLLAR B OVER LAPS COLLAR A WHICH IS THE FULL SIZE COLLAR.

IF MATERIAL IS FLIMSY USE STIFFENING MATERIAL UNDER COLLAR B. CUT SMALLER THAN COLLAR B + ONLY THE WIDTH OF FINISHED COLLAR + 1 SEAM.

PIN TO THE INSIDE OF COLLAR A (AFTER ITS BEEN FOLDED) BUT TO OUTSIDE OF COLLAR.



STITCH USING WAVY LINES FOR REINFORCEMENT (STRAIGHT LINES ARE OK BUT NOT AS GOOD)

LAY COLLAR B OVER THE OUTSIDE OF COLLAR A THIS SHOULD COVER THE STITCH LINES ON THE OUTSIDE OF COLLAR A (THE STIFFENING MATERIAL IS ON THE

AND PIN.

SEW OUTSIDE COLLAR FIRST (BOTH A + B TOGETHER) STARTING AT MIDDLE BACK. WHEN YOU GET TO CORNER, LEAVE NEEDLE IN MATERIAL, RAISE PRESSER FOOT + ROTATE EXTRA COLLAR MATERIAL AROUND.

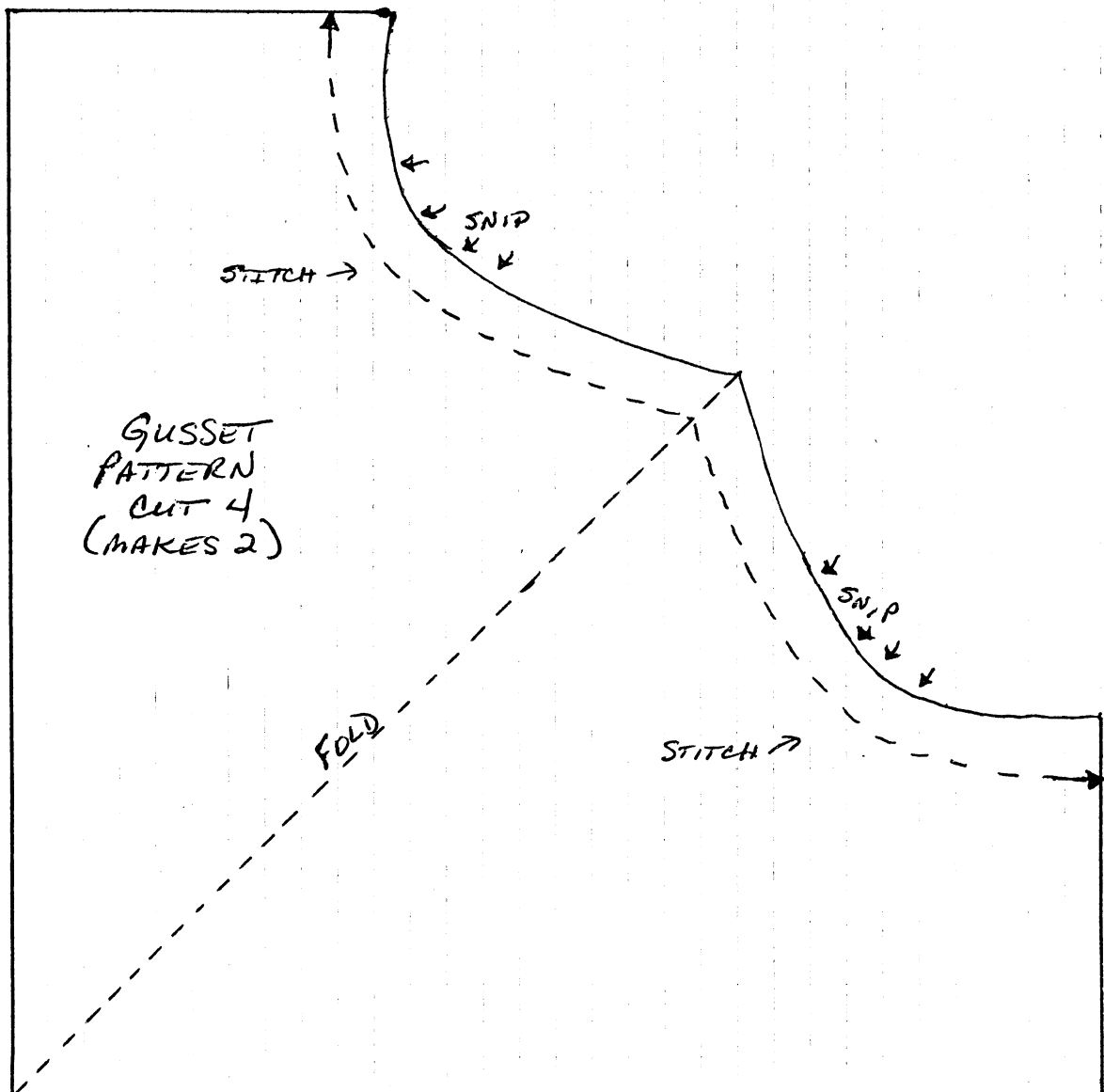
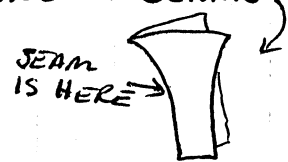
THIS WILL MAKE A SHARP CORNER + CAUSE THE COLLAR TO STAND UP

STARTING AT MIDDLE BACK, REDUCES WARPING OF MATERIAL.

C. MAKING THE GUSSET

1. STITCH ALONG CURVES WITH RIGHT SIDES TOGETHER
2. SNIP CURVES, TURN INSIDE OUT & PRESS
3. TURN ALL RAW EDGES UNDER $\frac{1}{4}$ " & PRESS
4. TAKE THE 2 SEAM ENDS & PUT THEM TOGETHER. THIS WILL MAKE A 3-DIMENSIONAL PIECE. PRESS ALONG FOLD LINE & SEAMS.

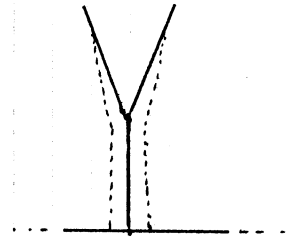
5. MATCH THE SEAM IN THE GUSSET WITH THE SIDE SEAM ON THE ROBE (SEE PUTTING IN THE SLEEVES)



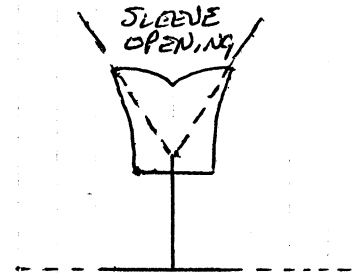
D. PUTTING IN SLEEVES

1. MARK DISTANCE TO TOP OF GUSSET ON THE TOP
2. SEW PART OF THE SIDE SEAM STARTING AT THE WAIST & STOPPING $\frac{1}{2}$ " ABOVE THE POINT WHERE THE BOTTOM OF THE GUSSET SHOULD FALL, BACK STITCH.
YOU CAN MEASURE THIS POINT USING THE GUSSET TOP POINT FOR STARTING.

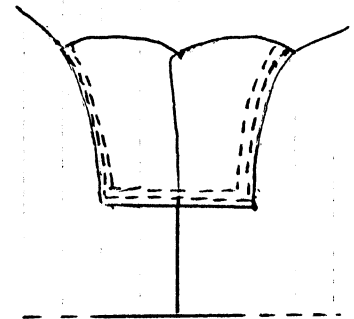
3. PRESS THE SEAM & PART OF THE OPEN AREA AS SHOWN; THE DOTTED LINES ARE THE SEAM ALLOWANCES. NOTE THAT AT THE TOP THERE IS NO SEAM ALLOWANCE. THIS IS THE POINT WHERE THE MATERIAL WILL EMERGE FROM THE GUSSET.



4. SANDWICH THE GUSSET OVER THIS AREA. LINE UP THE GUSSET SEAM WITH THE ROBE SEAM. THE DOTTED PART OF THE SEAM SHOULD BE COMPLETELY INSIDE THE GUSSET.



5. STITCH THE GUSSET IN PLACE AS SHOWN.



6. THE SLEEVE HOLE IS NOW COMPLETE

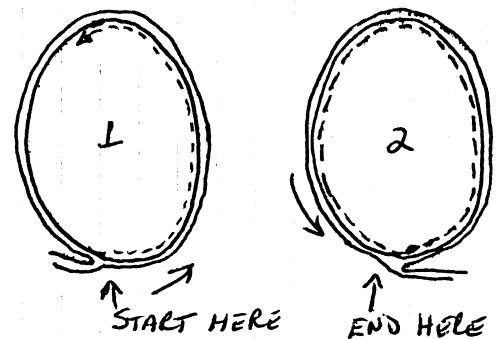


D. PUTTING IN SLEEVES (CON'T)

7. MATCH THE CREASE AT THE TOP OF THE SLEEVE TO THE SHOULDER SEAM. PIN THE SLEEVE TO THE TOP
8. START AT THE GUSSET SEAM (WHERE THE SLEEVE SEAMS ARE LOOSE) STITCH AROUND THE SLEEVE. TAKE CARE TO GET THE OTHER SIDE OF THE SLEEVE OUT OF THE WAY WHEN YOU ARE STITCHING NEAR THE GUSSET.

TURN + PRESS

THIS COMPLETES
THE SLEEVE



IV FINAL TOUCHES.

A. ATTACH SKIRT

FIT SKIRT TO TOP & SEW $\frac{3}{4}$ " SEAM.

TURN ALL EDGES OF WAIST SEAM BINDING

FOLD IN HALF & IRON

PLACE OVER RAW EDGES OF WAIST SEAM

OVERSTITCH LENGTH OF WAIST.



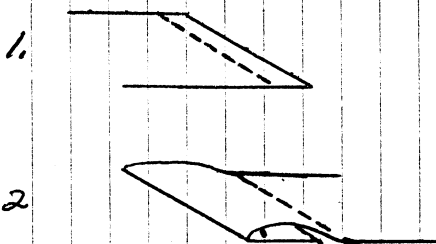
B. ATTACH TIES.

ATTACH TIE TO LEFT FRONT AT WAIST

ATTACH TIE TO RIGHT FRONT AT WAIST

ATTACH TIE TO LEFT INSIDE SIDE SEAM

ATTACH TIE TO RIGHT OUTSIDE SIDE SEAM.



(SEE PICTURE AT BEGINNING)